

JULY

## HAPPY HOLLOW FARM

*Week 10 of 24 Wed. 7/9, Thurs. 7/10 & Sat. 7/12*

LETTUCE FENNEL

RED LONG OF TROPEA ONIONS

HIGHLIGHTED  
VEGETABLE  
OF THE WEEK

What's in your share?

## Full, Partial &amp; Single Shares

Arugula



Cucumbers

Dinosaur Kale

Fennel

**Oregano** (sprinkle this over some sauteing summer squash w/ olive oil & salt & pepper - delicious!!!)

Red Long of Tropea Onions

Summer Squash

Zucchini

## Full &amp; Partial Shares

Spicy Greens Mix



## Full Shares

Chinese Cabbage

Lettuce



Please remember to return your box every week when you pick up your next share

**R**ed Long of Tropea onions hail from the Tropea region (Calabria) in southern Italy. They are an old heirloom variety that luckily made it's way to our side of the world. They are by far my favorite onion as far as flavor, their fun torpedo shape and their glorious color!

This is a wonderful onion for eating raw but it also has a very unique and smokey sweet flavor when caramelized. Every Friday night the farm crew joins Farmer Liz & her family for a communal dinner. Usually Katie does the cooking but she was out of town this past weekend so the meal prep

was left up to Liz with some help from the interns. With the first of the Tropea onions Liz caramelized a big batch of them which were served over a Dinosaur Kale pesto with a side of sauteed summer squash & zucchini and a fresh pickle salad with cucumber & more Tropea onions. The meal was delicious!

This has been an unusually cool start to summer! As we move into the summer veggies (squashes, cucs & soon tomatoes) the cool weather greens like kale & chard are still going strong so look for more of them in your shares over the coming weeks.

## What's Happening On The Farm?

**T**he making of a CSA box.

During the winter months I spend a lot of my time as a logger. Cutting down trees for a variety of uses on the farm (barn siding, CSA boxes, firewood & many others). The logs have to be loaded with a neighbors tractor on to a large trailer & hauled to a saw mill where boards are milled to specific dimensions. Each board has to be sawed thin (many passes though the saw per tree, in order to build a lightweight box). The lumber is then stacked and hauled back to my friend & CSA member's wood working shop. They are then unloaded & stacked again into his shed out of the elements. When I set aside a few days of shop time I can then begin



sawing the boards into the properly dimensional material I need to rough out the parts for each individual box. There are eight parts per box which are then cross cut and routed, making the edges smooth. The handles are then drilled and routed. After all of that I can begin "building the box". All eight parts must be assembled, glued, squared and stapled and hauled back my farm. The last step is to place the brand on both sides of the box. I've mentioned in the past that I would sell them for \$50 a box. In reality they are probably worth quite a bit more than that. These handcrafted, signature boxes represent my level of commitment to the entire process bringing delicious food to your door every week. Please handle them with care and return them clean & ready to be packed with more veggies each week.

Thanks! Your Farmer :-)

## Did You Know?

**Companion planting in gardening** and agriculture is the planting of different crops in proximity for pest control, pollination, providing habitat for beneficial creatures, maximizing use of space in order to increase crop productivity.

Although we are a production vegetable farm I keep these tips always in mind!

- **Basil** (plant with lettuce, peppers, and tomatoes). Enhances growth and repels flying insects.
- **Garlic** (plant with roses, raspberries, cucumbers, peas, and lettuce). Keeps aphids off roses, repels Japanese beetles and spider mites.
- **Hairy Vetch** (plant with lettuce, beans, and other legumes). Adds minerals to the soil (such as nitrogen, iron, and magnesium).

### Cabbage & Fennel Salad w/ Lemon & Citrus

#### Ingredients

- 1 head of cabbage
- 1 fennel bulb, very thinly sliced
- 1/4 cup extra-virgin olive oil
- 3 Tbl. toasted sesame oil
- 1 tsp. apple-cider vinegar
- Juice of 1 lemon
- 1 tsp. kosher salt
- 2 large tangerines or orange, etc. peeled, seeded & cut into chunks
- 1/4 cup chopped onions or scallions
- 2 Tbl. black sesame seeds
- Freshly ground black pepper to taste

#### Directions

Cut the cabbage in half, lay the flat side on a cutting board, and using a large chef's knife cut into 1/8-inch slices (very thin). Put the cabbage into a large bowl with the sliced fennel.

### VEGGIE RECIPE OF THE WEEK

Whisk together the olive oil, toasted sesame oil, vinegar, lemon juice, and salt; pour the dressing over the cabbage and fennel, and toss to coat thoroughly. Let sit for about 15 minutes, then gently mix in the tangerines, onions and sesame seeds; toss again.

Serve cold or at room temperature. For a slightly dressier presentation, arrange a bed of the cabbage mixture on a platter, top with a pile of tangerine chunks, and then sprinkle with the onions & sesame seeds.

Pairs fabulously with a cool crisp white wine.